

The SEL Interactive Read Aloud Collection

Tulare County Office of Education

Tim A. Hire, County Superintendent of Schools

Don't Hug Doug by Carrie Finison

SEL Competencies

Self-Awareness – Doug understands and expresses his personal boundaries.

Self-Management – Doug confidently communicates what makes him comfortable.

Social Awareness – The book teaches respect for others' preferences and boundaries.

Relationship Skills – Characters learn to ask before touching and honor personal space.

Responsible Decision-Making – The story emphasizes making respectful choices regarding physical affection.

Background

Don't Hug Doug is a lighthearted but important story about consent and personal boundaries. Doug, a cheerful and friendly boy, does not like hugs—and that's okay! Throughout the book, Doug explains that while some people love hugs, others prefer different ways to show they care. The book reinforces the idea that the best way to know if someone wants a hug is to ask first.

This story is a great tool for teaching young children about body autonomy, respecting personal preferences, and understanding that everyone has different comfort levels when it comes to physical affection.

Before You Read

Look at the cover. What do you think this book will be about?

Do you like hugs? Why or why not?

How do you think we can tell if someone wants a hug?

What are some other ways people can show they care besides hugging?

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<p>While You Read</p> <p>Guiding Questions</p>	<p>(Self-Awareness - When Doug introduces himself and says he doesn't like hugs) How do you think Doug feels when people try to hug him?</p> <p>(Social Awareness - When Doug explains that some people love hugs but he doesn't) What does this tell us about different people's preferences? Why is it important to respect that?</p> <p>(Self-Management - When Doug confidently says 'No hugs, please') How does Doug show confidence in expressing his feelings? Why is it important to speak up about what makes us comfortable?</p> <p>(Relationship Skills - When people ask Doug before hugging him) Why do you think it's important to ask before giving someone a hug?</p> <p>(Responsible Decision-Making - When Doug explains other ways he likes to greet people) What are some other ways we can say hello or show kindness without hugging?</p> <p>(Social Awareness - When different people in the story have different preferences about hugs) What do you notice about how different people feel about hugs?</p> <p>(Self-Management - When Doug gives examples of times when hugs might not be okay) Why might someone not want a hug in certain situations?</p> <p>(Relationship Skills - When Doug suggests high-fives, fist bumps, and waves instead of hugs) How can we make sure we are respecting others while still being friendly?</p> <p>(Responsible Decision-Making - When the book asks what the best way to know if someone wants a hug is) What is the best way to know if someone wants a hug? Why is that important?</p> <p>(Social Awareness - At the end when Doug is happy knowing his boundaries are respected) How does Doug feel now that everyone knows how he feels about hugs?</p>

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	How do you feel when others respect your boundaries?
After Reading	<ol style="list-style-type: none">1. Class Discussion:<ul style="list-style-type: none">○ Talk about why it's important to respect personal space and preferences.○ Brainstorm different ways people can show kindness and connection besides hugging.2. Chart Activity:<ul style="list-style-type: none">○ Create a class chart with two columns:<ul style="list-style-type: none">■ “Ways People Like to Show They Care” (hugs, high-fives, smiles, kind words, etc.)■ “Ways to Respect Someone’s Boundaries” (asking before hugging, listening when someone says no, finding other ways to show kindness).3. Personal Reflection:<ul style="list-style-type: none">○ Have students draw a picture of their favorite way to show they care and write a sentence about why it's important to ask before hugging.